

## Therapeutic Recreation Services

### Camden Offices

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### Grace Community Center

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**Bus Lines:** 22, 64, 72, 73, 300

**Programs:** Mental Health programs and services

**Web site:** Go to [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns)

Click on centers then click on Grace.

If you are looking for more programs for persons with cognitive disabilities but don't see what you want listed below, why not check out some additional listings under Adapted Sports and Fitness or Mental Health. Many of these programs are appropriate for persons of all abilities. A few of special note are:

- Leisure Walking
- Adapted Fitness at Grace Community Center
- Friday Night Dances at Grace Community Center

## SOCIAL RECREATION

### Around the Town Club (ATTC)

**\$30**

Join us for a night on the town! This social club utilizes community trips as a means to improve socialization, leisure awareness and independent living skills. Members must be able to participate with minimal assistance. Snacks are provided. Past activities include movies, restaurants, Golfland, bowling, and musicals. The first night of the program will be held at Camden Community Center (CM). Location varies thereafter. An event calendar will be passed out the second week of program.

Course #	Day	Date	Time	Age	Mtg	Loc.
263.2.801	Th	9/25-11/13	7:00-9:00pm	18+	8	CM

### Leisure Club East

**\$50**

Come out and meet new friends! This club is a leisure education program designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Activities include arts, crafts, games, music and special events, including movie nights, parties, and ice cream socials. Individuals must be able to understand simple directions and require minimal supervision. Snacks provided. **Location:** Alum Rock Youth Center

Course #	Day	Date	Time	Age	Mtg.	Loc.
263.2.808	T	9/23-11/4	7:00-8:30pm	18+	7	AY

### Leisure Club West

**\$50**

Come out and meet new friends! This club is a leisure education program designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Activities include arts, crafts, games, music and special events, including movie nights, parties, and ice cream socials. Individuals must be able to understand simple directions and require minimal supervision. Snacks provided. **Location:** Camden Community Center.

Course #	Day	Date	Time	Age	Mtg.	Loc.
261.2.810	W	9/24-11/5	7:00-8:30pm	18+	7	CM

### Kinderfun - **New Location**

**\$90**

A play program designed for children with developmental disabilities including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, movement activities and field trips. Food will be provided for all cooking projects. Children should bring a sack lunch to class each week. **Location:** Almaden Community Center.

No Class 10/11

Course #	Day	Date	Time	Age	Mtg.	Loc.
261.2.807	Sa	9/20-11/22	9:30am-12:30pm	5-10	8	AD

### Teen Hip Hop Dance Class - **New**

**\$50**

Come learn some hip hop dance moves! This class will have great music, a great instructor, and great friends! Staff will be on hand to assist individuals who need it. Please wear comfortable clothes and bring a water bottle to class.

Course #	Day	Date	Time	Age	Mtg	Loc
263.2.819	T	9/30-11/4	6:00-6:45pm	12-17	6	CM

### Teen Movie Night - **New**

**\$5 per mtg**

Come join us for a Movie and popcorn! We will be showing some great G and PG rated movies this Fall. Come meet other teens and enjoy the evening! Siblings are welcome as long as they are within the age range. Priority will be given to children with disabilities. Price is per child. Please let staff know of any allergies upon registering.

Course #	Day	Date	Time	Age	Mtg	Loc
263.2.820	F	9/5	6:00-9:00pm	12-17	1	CM
263.2.821	F	10/3	6:00-9:00pm	12-17	1	CM
263.2.822	F	11/7	6:00-9:00pm	12-17	1	CM

### Simply Cooking

This introductory course for adults with developmental disabilities covers basic kitchen safety, basic menu planning, shopping and preparing simple dishes. Menus will include breakfast foods, lunch, simple dinners, and deserts. Class includes lecture, observation of multi-dish meal preparation, followed by students hands on preparation and service of one dish. Students will receive instructional materials to take home each week. Class is conducted in a teaching kitchen which utilizes gas burners. **Location:** Almaden

*Instructor: Vicari*

Course #	Day	Date	Time	Age	Mtg.	Loc.
261.2.814	M	10/20-11/24	6:30-8:00pm	18+	6	AD



## ADAPTED SPORTS AND FITNESS

### Adapted Bowling

**\$7 per visit/\$75**

This bowling class is designed for individuals with disabilities ages 11 years and older. Sportsmanship, teamwork, and individuals skills are taught for all levels of bowlers. Food may be provided at special events.

**Location:** 300 San Jose – 5420 Thornwood Lane

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.501	T	9/9-12/9	3:30-5:00pm	11+	14	SJ

### Adapted Fitness

**\$3 per visit/\$88**

This program for persons with physical disabilities is designed to improve cardiovascular health and endurance, increase muscular strength and toning, and refine flexibility and range of motion. You will be guided through an individually tailored workout program specifically designed with your goals, abilities and priorities in mind. **Location:** Camden Community Center

No Class 10/13, 11/26

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.504	M/W/F	9/8-12/12	1:00-3:30pm	18+	40	CM

### Introduction to Fitness for adults with disabilities – **New**

**\$70**

Come check out the Camden Fitness Center and learn how to use the equipment to stay in shape! Staff will be there to assist you. There are treadmills, exercise bikes, weight machines, and much more! This class is especially designed for adults with cognitive disabilities. **Location:** Camden Fitness Center

No Class 11/11

Course #	Day	Date	Time	Age	Mtg	Loc
263.2.819	T/Th	9/23-11/13	3:00-4:30pm	18+	15	CM

### Powersoccer

**\$55**

Join the “San Jose Steamrollers” in the electrifying and growing sport of powersoccer. Practices focus on basic skills, strategy, ball control, and teamwork. Opportunities to participate in tournaments are available. Open to persons using power wheelchairs. Food may be provided at special events. **Location:** Alviso Youth Center

No Class 11/29

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.506	Sa	9/13-12/13	9:30am-1:00pm	All	13	AY

### Wheelchair Basketball

**\$5 per visit/\$45**

The wheelchair basketball program is open to persons with physical disabilities who are experienced or are interested in learning this fast paced, aerobic and competitive sport. The “Pacific Spartans” team is designed for adults who use manual wheelchairs and wish to participate in competitive play. Team membership is not mandatory for participation. Tournament opportunities are available. **Location:** Camden

No Class 10/13

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.506	M	9/8-12/8	6:30-8:30pm	13+	13	CM

### Wheelchair Tennis

**\$5 per visit/\$60**

Enjoy team camaraderie and friendly competition with the “South Bay Smash” tennis team, which is open to individuals with physical disabilities of all ages and skill levels. Practices include drills, stroke technique, and fun games. Competitive play is also available through tournament opportunities. For more information on the team, please visit [www.southbaysmash.com](http://www.southbaysmash.com).

**Location:** Wallenberg Park

No Class 11/11, 11/29

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.512	T	9/9-12/9	6:30-8:30pm	All	13	WB
261.2.513	Sa	9/13-12/13	9:30-11:30am	All	13	WB

### Wheels on Fire

**\$98**

Wheels on Fire is a sports team designed for athletes of all ages with physical disabilities. A variety of sports are offered, including wheelchair basketball, rugby, soccer, and bocchia. Emphasis is on basic sport skills, team cooperation, and rules of competitive play. Non-wheelchair users of all ages and levels are also welcome. Food may be provided at special events, which include derby car racing, bowling, movies, field trips and holiday parties. **Location:** Camden Community Center

No Class 11/29

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.514	Sa	9/13-12/13	1:30-4:30pm	All	13	CM

### Adapted Golf

**\$TBA**

This program is designed for persons with physical disabilities and offers instruction in adapted golf. Components of the program include stroke analysis, chipping, pitching, putting, and golf basics. Food may be provided at a special event. For more information contact Dominique at 408-369-6435 or [dominique.pacolba@sanjoseca.gov](mailto:dominique.pacolba@sanjoseca.gov). **Location:** Coyote Creek Golf Course.

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.505	T	TBA	11:00am-12:00pm	18+	TBA	CCGC

## CHILDREN'S WINTER OUTINGS

### Children's Winter Outings

**\$25**

Come spend the winter break with us! Since the holidays are right smack in the middle of the week this year, we've decided to have 4 exciting outings instead of camps for ages 6-12. Staff will take the kids to a great location with lots of fun! Children will experience fun in a public setting with lots of other people around. Staff ratio will be approximately 1-2 and class is limited to 8 kids. Please bring a sack lunch. Class will meet at Alum Rock Youth Center and we will take a Van to the destinations listed.

Course #	Day	Date	Time	Mtg	Des
263.2.815	M	12/22	10:00am-2:00pm	1	Movie
263.2.816	T	12/23	10:00am-2:00pm	1	Children's Discovery Mus.
263.2.817	M	12/29	10:00am-2:00pm	1	Chuck E Cheese
263.2.818	T	12/30	10:00am-2:00pm	1	Christmas in the Park



## MENTAL HEALTH

### Aerobics

**Free**

The purpose of aerobics is to promote cardiovascular fitness, tone and strengthen muscles, and increase range of motion. The fabulous Richard Simmons, whose workout style suits all fitness levels, leads this group via video, with the support of GCC staff.

*Instructor: Staff*

Course #	Day	Date	Time	Age	Loc.
264.2.726	Sa	Ongoing	10:30-11:00am	18+	GC

### Amy's Awesome Shindig

**Free**

Come to Amy's Awesome Shindig where fun, games, surprises, and friends await you. Enjoy a different theme each week and meet new friends. All are welcome.

*Instructor: Chamberlain*

Course #	Day	Date	Time	Age	Loc.
264.2.727	W	Ongoing	11:00am-12:00pm	18+	GC

### Anger Management

**Free**

Open group for people to come and process personal experiences with anger and receive support and coaching with how to express their anger in safe ways.

*Instructor: Eclevia*

Course #	Day	Date	Time	Age	Loc.
264.2.773	M	Ongoing	10:30am-12:00pm	18+	GC

### Art Studio

**Free**

Art Studio is designed for individuals with limited to extensive art experience. The fundamentals and techniques of art are taught to build expertise and confidence. Various media are utilized, including pastels, charcoal's and watercolor. Field trips to local museums and art galleries are periodically scheduled.

*Instructor: Cashman*

Course #	Day	Date	Time	Age	Loc.
264.2.701	M	Ongoing	1:00-3:00pm	18+	GC

### Arts and Crafts

**Free**

Individuals gain self-confidence and enjoyment through creating art projects they can take home, give as gifts, or display at the Center. A wide variety of fun and creative projects are offered in this class, including card making, collages, mosaics, doll making, and more.

*Instructor: Andrews/Yamada*

Course #	Day	Date	Time	Age	Loc.
264.2.708	Th	Ongoing	10:30am-12:00pm	18+	GC

### Art Therapy

**Free**

This specialized program uses art therapy techniques, to help individuals work through their issues and express themselves through creative projects. Qualified clinical professionals lead the groups, one hour a week.

*Instructor: Giovannetti/DeForrest*

Course #	Day	Date	Time	Age	Loc.
264.2.751	Th	Ongoing	2:00-3:30pm	18+	GC

### Band Jam

**Free**

Band Jam is a great opportunity for musicians of all skill levels to show off their talent or learn a new tune. Anyone who can play a musical instrument, from the drums to the cello, is invited to jam with the GCC band. Some instruments are available, including a drum set, electric guitars, basses, acoustic guitars, tambourines, and microphones.

*Instructor: Chamberlain*

Course #	Day	Date	Time	Age	Loc.
264.2.717	W	Ongoing	1:00-2:30pm	18+	GC

### Basketball

**Free**

GCC's Basketball Program encourages healthy competition for the ambitious player, builds communication and teamwork skills, and promotes fitness and exercise.

*Instructor: Cashman*

Course #	Day	Date	Time	Age	Loc.
264.2.719	M/Th	Ongoing	10:00am-12:00pm	18+	GC

### Beading Class

**Free**

In this class, individuals learn to make beautiful beaded jewelry and decorative pieces for the home. Jewelry making techniques are demonstrated and taught using special tools and materials. Unique designs are created using a variety of colored plastic, glass, crystal, wood, metal and bone beads. Individuals are encouraged to develop and create their own unique, eye-catching pieces.

*Instructor: Reynolds*

Course #	Day	Date	Time	Age	Loc.
264.2.705	T	Ongoing	10:30am-12:00pm	18+	GC

### Bingo

**Free**

Come play a friendly game of Bingo. GCC's participant-facilitated program offers a great opportunity for socialization and group cooperation. Players are given two bingo cards and can win up to three bingo tickets a day, which are redeemable for prizes. Prizes are awarded twice a month to the winners.

*Instructor: Volunteers*

Course #	Day	Date	Time	Age	Loc.
264.2.732	Sa	Ongoing	12:45-1:45pm	18+	GC

### Breathing and Meditation Workshop

**Free**

This monthly workshop is led by a volunteer from the Art of Living Foundation and is supported by staff from Grace Community Center on the first Tuesday of each month.

*Instructor: Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.739	T	2nd Tuesday/month	10:00-11:00am	18+	GC

### Clothes Closet

**Free**

The Clothes Closet offers individuals a "thrift store" style shopping experience for free. The intent of the program is to encourage a clean, healthy appearance, which builds a confident self-image. All clothes and accessories are donated from individuals and agencies throughout the community.

*Instructor: Staff*

Course #	Day	Date	Time	Age	Loc.
264.2.742	F	Ongoing	1:30-3:00pm	18+	GC

**Club Reminisce****Free**

This activity-based group is a time for adults 50+ to socialize, share memories, learn, receive and offer support, play games, and eat healthy snacks! Groups are offered in 10-week cycles. Call for dates and availability.

*Instructor: DeForrest/Giovanetti*

Course #	Day	Date	Time	Age	Loc.
264.2.707	F	Ongoing	10:15-11:45am	50+	GC

**Community Meetings****Free**

This daily discussion group offers a place for individuals to discuss issues of daily living in our community, share questions or concerns, and learn about GCC programming. The group offers a supportive, interesting, educational environment, and is designed to increase individuals' awareness and participation in their community center.

*Instructor: Staff*

Course #	Day	Date	Time	Age	Loc.
264.2.733	M-F	Ongoing	9:30-10:00am	18+	GC
264.2.711	Sa	Ongoing	10:00-10:30am	18+	GC

**Basic Computer Training****Free**

With the help of two very special community volunteers, GCC now has three computers available for those who have basic computer skills to use independently. A Volunteer Computer Trainer hosts a learning lab twice a week, for those needing one-on-one training and assistance navigating the computers.

*Instructor: Vicari*

Course #	Day	Date	Time	Age	Loc.
264.2.753	M/T	Ongoing	9:15-10:15am	18+	GC

**Dances****Suggested Donation: \$2**

The GCC hosts festive dances featuring talented DJs and live bands who perform for the crowd's dancing and listening enjoyment. The dances are held on the second Friday of each month in the gym.

*Instructor: Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.713	2nd Friday each month		7:00-9:00pm	18+	GC

**Dance Party/Art Witness****Free**

An open and welcoming group focusing on connecting with others through art, music, and movement. No previous art or dance experience necessary. This group focuses on trying new movement and art making techniques in a non-judgmental, creative, and inspirational atmosphere.

*Instructor: DeForrest/Giovanetti*

Course #	Day	Date	Time	Age	Loc.
264.2.769	W	Ongoing	1:30-3:00pm	18+	GC

**Day Rehabilitation****Covered by Medi-Cal**

This specialized program is designed to provide mental health consumers with a more committed, structured, and goal-oriented level of participation at GCC. Clinical staff provide support and guidance to help individuals achieve goals that support a healthy lifestyle and independent living.

*Instructor: Eclevia*

Course #	Day	Date	Time	Age	Loc.
264.2.716	M-F	Ongoing	9:00am-4:00pm	18+	GC

**Day Socialization****Free**

Specialized program designed to promote the support and growth of women in the community. This program is for those women that are interested in coming to Grace for any of our social, art, wellness or skills groups. Benefits of this program also include free lunches, discounted bus passes, and 1:1 contact with therapeutic staff.

*Instructor: DeForrest/Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.770	W	Ongoing	1:30-3:00pm	18+	GC

**Flying People****Donation Suggested**

Pre-registration is required to participate in this outing. This enchanting all-day outing offers women the opportunity to explore their world with friends. The women collaborate to prepare a nutritional lunch and engage in positive social interaction during excursions to hot spots around the Bay Area, including museums in San Francisco, the Monterey Bay Aquarium, beaches in Carmel, and countless thrift stores. Transportation is provided and individuals should meet at GCC one half hour before departure. Space is limited, so please arrive early.

*Instructor: Andrews*

Course #	Day	Date	Time	Age	Loc.
264.2.738	W	Ongoing	10:00am-5:00pm	18+	GC

**Gardening****Free**

GCC's garden area provides a pleasant, peaceful environment within the busy downtown area, with a soothing fountain, shaded trees, and beautiful flowers. Individuals experience nature through the flora and fauna of the garden and learn how to prune, plant, fertilize, and care for plants.

*Instructor: Ohlhaber*

Course #	Day	Date	Time	Age	Loc.
264.2.731	M	Ongoing	10:00am-12:00pm	18+	GC

**Leisure Walking****Free**

This group travels to walking destinations throughout Santa Clara County, including malls, hiking trails, parks and downtown areas. Walking is healthy exercise and enjoyable. Join this group for some cardio exercise.

*Instructor: Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.766	F	Ongoing	1:30-4:00pm	18+	GC

**Little Victories (Goals Group)****Free**

This Saturday group provides the opportunity to discuss personal goals, obtain strategies and suggestions on how to attain them, and to offer and receive support from others along the way.

*Instructor: Cannon*

Course #	Day	Date	Time	Age	Loc.
264.2.728	Sa	Ongoing	10:30am-12:00pm	18+	GC

**Living With Grace****Free**

Living With Grace takes practice. This group helps individuals with mental illness and/or addiction issues to explore and learn strategies for living a healthy and balanced life. Developing healthier life-styles takes practice, patience, and a strong support system.

*Instructor: Eclevia*

Course #	Day	Date	Time	Age	Loc.
264.2.724	F	Ongoing	10:30am-12:00pm	18+	GC



## MENTAL HEALTH

### Member Volunteer Program

**Free**

The volunteer program is designed to provide support for all facets of center operations, including program facilitation, facility maintenance, clerical, and fundraising. For more information contact the volunteer coordinator, Lisa Litwin, or visit our website at [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns) click on centers, then click on Grace.

*Instructor: Litwin*

Course #	Day	Date	Time	Age	Loc.
264.2.763	M-F	Ongoing	9:00am-4:00pm	18+	GC
264.2.764	Sa	Ongoing	10:00am-2:00pm	18+	GC

### Movie Night!

**Free**

Come see the latest DVD releases and popular classics shown on GCC's big screen TV. Snacks and refreshments are served.

*Instructor: Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.715	F	Ongoing	5:30-7:30pm	18+	GC

### Nature Outing

**Donation Suggested**

Pre-registration is required to participate in this outing. The goal of the outing is to enable individuals to access nature and to reduce stress through exercise. Each week hikers visit beautiful wooded areas, mountains, streams, and bay-lands throughout the Bay Area. The outing encourages an appreciation of natural environments. Transportation is provided and individuals should meet at GCC one half hour before departure. Space is limited, so arrive early.

*Instructor: Cashman*

Course #	Day	Date	Time	Age	Loc.
264.2.737	W	Ongoing	10:30am-4:00pm	18+	GC

### News Grabbers & Health Watch

**Free**

The goal of this discussion group is to raise the awareness of GCC members and inspire their participation in the local community. The group focuses on current local, State, National, and international affairs reported in the news. It is a time for individuals to gather and share their knowledge and experience, and to learn more about the world in which they live.

*Instructor: Andrews*

Course #	Day	Date	Time	Age	Loc.
264.2.709	M	Ongoing	10:30am-12:00pm	18+	GC

### Open Art Studio

**Free**

This open studio group is great for artists of all skill levels. This group offers various media including 3-D materials, oil and water-based paint, clay, and drawing materials. Artists work independently in the main studio or sculpture room and are supported by staff members.

*Instructor: Staff*

Course #	Day	Date	Time	Age	Loc.
264.2.729	F	Ongoing	1:30-3:30pm	18+	GC

### Pool/Ping Pong Tournaments

**Free**

Join the friendly competition every Saturday and win a free lunch at Grace. All skill levels are welcome, and space is limited, so arrive early to sign-up.

*Instructor: Staff*

Course #	Day	Date	Time	Age	Loc.
264.2.721	Sa	Ongoing	11:00am-12:00pm	18+	GC

### Safe Circle

**Free**

This is a 10-week activity-based group designed for women with mental disabilities who are survivors of abuse. Safe Circle's goal is to reduce re-victimization and increase personal safety by building safety skills and improving self-esteem, communication, and healthy daily habits. Snacks are provided. Pre-registration is required. Please call 408-293-0422 for more information.

*Instructor: Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.744	M	TBA	1:00-4:00pm	18+	GC

### Sewing

**Free**

This class is geared toward all levels of sewing ability, from novice to experienced. Individuals are encouraged to use their creative skills and make a variety of projects; including pillows, cosmetic or tote bags, stuffed animals, aprons, clothing and holiday gifts, all on high quality, easy-to-use sewing machines. They can also mend, hem, and make minor repairs to clothing with the help of experienced class facilitator.

*Instructor: Yamada/Ohlhaber*

Course #	Day	Date	Time	Age	Loc.
264.2.706	T	Ongoing	1:30-3:00pm	18+	GC
264.2.707	Th	Ongoing	1:00-3:00pm	18+	GC

### Speak Your Mind

**Free**

This open talk group provides a space to meet new people, share your perspective, get feedback from peers and staff, and practice social skills.

*Instructor: Cannon*

Course #	Day	Date	Time	Age	Loc.
264.2.730	T	Ongoing	10:30am-12:00pm	18+	GC

### Stained Glass

**Free**

All phases of the art of stained glass are taught in this class, including project design, glass cutting and shaping, lead soldering and glass cleaning. A variety of colored and textured glass is available. Space is limited.

*Instructor: Cashman*

Course #	Day	Date	Time	Age	Loc.
264.2.703	T	Ongoing	10:00am-12:00pm	18+	GC

### The 411 Resource Hour

**Free**

An hour to help you find resources in the community or on the internet, about whatever information you may need.

*Instructor: Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.766	W	Ongoing	1:00-2:00pm	18+	GC

### The Entertainer

**Free**

The Entertainer is a "talent show" that welcomes all talents. Individuals bring a song, story, poem, dance or joke to share with their peers. Using the GCC's jukebox, karaoke player and microphone, entertainers dazzle the audience with original works and popular music selections.

*Instructor: Volunteers*

Course #	Day	Date	Time	Age	Loc.
264.2.710	F	Ongoing	10:30am-12:00pm	18+	GC
264.2.739	T	Ongoing	1:30-3:00pm	18+	GC

**The New You Salon****Free**

The Salon offers hair washing, coloring, cutting, styling. The Salon program provides a fun and casual atmosphere for socialization and education. Individuals learn the importance of personal hygiene and healthy grooming skills, and are provided an opportunity to maintain a clean and healthy appearance while building a confident self-image. By appointment only.

*Instructor: Chamberlain*

Course #	Day	Date	Time	Age	Loc.
264.2.741	F	Ongoing	1:30-3:00pm	18+	GC

**U-Grill-It****Free**

The U-GRILL-IT class will focus on easy to prepare breakfast and lunch dishes. Each class will feature a single dish so the students do not get overwhelmed.

*Instructor: Vicari*

Course #	Day	Date	Time	Age	Loc.
264.2.760	T	Ongoing	10:30-11:30am	18+	GC

**Value Buying****Free**

This course will focus on teaching the student how to get the best value on the dollar spent. The student will learn how in some instances, the least expensive item is not necessarily the best value. They will see how "convenience" foods are very costly. The students will learn how research prior to making significant purchases will ensure they are receiving the best possible value. They will also be encouraged to create a budget and use Quicken to manage it. If it can be arranged with nearby banks, the students will learn the benefits of periodic savings. Students will become aware of how and where they are spending their money. This awareness will allow them to make changes to these habits so they can reduce their expenses. 2nd, 3rd, 4th Monday of the month.

*Instructor: Vicari*

Course #	Day	Date	Time	Age	Loc.
264.2.760	M	Ongoing	10:30-11:30am	18+	GC

**Yoga****Free**

Come explore your inner being through Yoga and meditation. This class helps individuals build a sense of inner peace and positive thinking, while decreasing stress and increasing an overall sense of health and wellness. Using Yoga, individuals learn to perform relaxing, gentle stretches and basic yoga techniques for general health and wellness. The techniques help individuals develop the ability to relax their mind and body, to feel more peaceful and improve concentration skills.

*Instructor: Teerman*

Course #	Day	Date	Time	Age	Loc.
264.2.766	T	Ongoing	1:00-1:45pm	18+	GC

**SPECIAL EVENTS****Autism/PDD and Related Disorders Educational Support Group**

A support group for parents, professionals and caregivers of individuals with Autism. Register with Parents Helping Parents at 408-727-5775 or go to [www.PHP.com](http://www.PHP.com). Meets the 3rd Thursday of the month.

**Mild Brain Injury Support Group****Free**

Contact the TBI and SCI Project at Santa Clara Valley Medical Center at 408-793-6428 for more information. Meets the 2nd and 4th Tuesday of the month at Camden Community Center.

**Head Injury Recreation Leisure Network (HIRLN)**

A collaborative program between OTS and Santa Clara Valley Medical Center. HIRLN hosts a series of outing and special events for survivors of traumatic brain injuries and their families. A yearly calendar is available upon request. Call Donna Hepp to be added to the mailing list 408-369-6446.

**REcing Crew****Cost Varies****Adults with Various Disabilities**

Monthly special event program designed for adults with various disabilities. Register with Silicon Valley Independent Living Center at 408-894-9041. A yearly calendar is available upon request.

**Spinal Cord Injury Support Group****Free**

Contact the TBI and SCI Project at Santa Clara Valley Medical Center at 408-793-6428 for more information. Meets the third Thursday of the month at Camden Community Center.

**Co-Op Dances****\$5**

These dances are co-sponsored by Therapeutic Services in San José, Sunnyvale, Santa Clara and Cupertino. Dances are open to individuals with disabilities ages 13 and up. Registration is at the door only. For more information call 408-369-6446.

**Friday Night Dances at Grace Community Center****Suggested donation: \$2**

Second Friday of Each Month · 7:00-9:00pm

Grace CC hosts festive dances featuring talented DJs and live bands who perform for the crowd's dancing and listening enjoyment. Dances are held in the gym.

**Holiday Special Events****\$3**

Grace hosts holiday events such as the annual Thanksgiving dinner, and Winter Festival. These events traditionally host food and entertainment. For more details, please contact the Grace Community Center at 408-293-0422, or visit our Web site by going to [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns), click on centers, then click on Grace.

**Blazin' Trails****Early Fall 2008**

Come join us as we explore some of the beautiful, accessible trails in San José. Spend some time with your family and friends, learn about our natural resources and increase your physical fitness all at the same time. Bring your entire family, all are welcome. Contact Therapeutic Services for more details 408-369-6438.

**Don't Miss Out!**

Register early because a class may be cancelled if it does not meet the minimum enrollment.